

## Information for your Multiple Sleep Latency Test

**PLEASE READ THIS INFORMATION CAREFULLY AS SOON AS CONVENIENT AFTER RECEIVING IT, TO ENSURE THAT YOU ARE PROPERLY PREPARED FOR YOUR VISIT TO SOUTHERN SLEEP. THANKYOU**

### ▪ **What is an MSLT?**

A Multiple Sleep Latency Test (MSLT) is a full day procedure that measures your tendency to fall to sleep during the day hours. The procedure involves both an overnight stay in the sleep unit followed the next day by a series of nap tests. An overnight stay ensures that your sleep quantity and quality prior to the day test is adequate.

### ▪ **What can I expect?**

In the morning after your overnight sleep study, all sensors will be removed apart from those on your face and scalp which are used to measure your state of wake or sleep. You will be asked to dress in your casual day clothes and will be given breakfast in your room. Nap sessions will start approximately 90 mins after waking and will be held every two hours after that. In between nap sessions you will be asked to engage in quiet activity but are NOT allowed to sleep in between nap sessions. It is recommended that you bring something to keep you occupied, such as reading material (a television is provided). Lunch is provided. Typically the sleep specialist will request a blood test and urine sample to be taken and this will be conducted by an in-house pathology service. The technician on duty can help you with any questions you have on the day.

### ▪ **How long does it take?**

You will complete 4 to 5 nap tests depending on what type of sleep you achieve during the tests. It is more common that we run 4 tests and this would mean a discharge time somewhere between 4 and 5pm, however running to a 5<sup>th</sup> test means discharge as late as 6.30pm. Often we cannot be certain of whether we have to run a fifth test until the fourth is complete.

### ▪ **Is there anything I need to do to prepare?**

#### ***2 weeks prior:***

Enclosed in this pack is a SLEEP DIARY with instructions. Please complete this in the two weeks leading up to your test. This is an important part of the specialist's assessment.

#### ***1 week prior:***

Try to maintain steady sleep habits and try to keep your normal routine. If you are a SHIFT WORKER you need to call and inform us ASAP so that we can determine if this will have any impact on your test and things we can do to accommodate.

#### ***On the evening of overnight study:***

Please have dinner, any normal medications and DO NOT consume any alcohol or caffeine including soft drinks and chocolate.

### ▪ **What do I bring?**

Along with items listed in the sleep study information material, please bring your completed sleep diary with you. If you are on CPAP treatment for sleep apnea, please bring your mask and tubing only.

**If you have any questions, please call our office on 82753585 and your question will be directed to one of our technical or medical staff and responded to promptly.**